



How to Prevent Foot Pain

Your feet do a lot for you every day. They need some TLC in return. Stay ahead of foot pain with these 6 simple tips.

1. Insist on Comfort

Sure, you want your shoes to look great. But they also need to fit you just right. You'll feel better in them and your feet will be happier when they do. When you're shoe shopping and fall for a gorgeous but crazy-making pair, walk away, no matter how much you like the style. Don't count on them "breaking in."

2. Take the Wet Footprint Test

This simple test will help you pick the best shoes for you.

Get your foot a little bit wet. Stand on a paper bag and then step off. Look at the image your foot left behind. If you see half of your arch, you have a normal foot or a neutral arch. If you see almost your entire foot, you have a flat foot. If you see just a thin line connecting the ball of your foot to your heel, you have high arches.

3. Choose the Proper Shoe for High Arches

Shoes with laces, buckles, or straps are best for this type of foot. Look for extra cushioning and a soft platform. Shoes with good arch support and a slightly raised heel can help keep your feet in fine form.

4. For Flat Feet Get the Right Insert

See a foot doctor to set you up with custom inserts for your shoes. They can be pricey, but they may really help. "They're like eyeglasses for your feet," Reid says.

5. There's a Shoe for That, So Wear It

Do you run or play a specific sport three or more times a week? Treat your feet to a shoe made just for that activity.

Good running shoes, for example, can help prevent heel pain, stress fractures, and other foot problems that runners sometimes get. Replace your sports shoes when they start to wear down.

6. Forgo Flip-Flops

Flip-flops are a good choice to protect your feet in locker room showers, pool areas, and the hot sand at the beach.

But they can cause big problems, like heel pain, tendinitis, and stress fractures, especially if you have flat feet.

Don't wear flip-flops on a long-distance walk, for sports, or for yard work. They don't give you enough shock absorption, arch support, or protection.

Source: By Kara Mayer Robinson, Reviewed by [Melinda Ratini, DO, MS](#) on June 27, 2015 www.webmd.com
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